



Food Commodities

Keywords and definitions:

Aerate: a food preparation process that adds air into a mixture

Allergy: When the bodies immune system is triggered by a substance (in this case food) – this can be fatal in some cases, particularly nuts.

Collagen: the main structural protein in connective tissue

Cross-contamination: transferring bacteria from one place to another

Gelatine: a water-soluble protein that comes from collagen and is used in food preparation; it is colourless and tasteless.

Imported: bought in from a different country

Intolerance: when the body is unable to digest certain foods, this can cause abdominal cramps, diarrhoea and vomiting. It is less severe than an allergy.

Micro-organism: another name for bacteria

Maillard Reaction: the browning of meat, caused by a reaction with natural sugars and proteins, which produce a dark colour; also known as non-enzymic browning

Muscle Fibre: cells that give structure to muscles; different structures of muscle fibre indicate different types of muscle

Non-starch Polysaccharide (NSP): dietary fibre – please see Macro-Nutrient Knowledge Organiser

Offal: the internal organs / leftover cuts of meat, used as food e.g. kidney

Salting: the process of adding salt to a foodstuff to remove its moisture; bacteria that could cause food poisoning cannot survive without moisture

Seasonal: The time of year when fruits and vegetables are naturally at their best or at their peak for harvest time

Smoking: the process of smoking a foodstuff to a temperature of 76°C or above; this removes the moisture, extends shelf life and imparts a distinctive flavour.

Cereals, Flour, Oats etc.:

- **Bread:** is a popular staple food – there are many different types – made with strong flour –
- **Cereals:** Wheat, oats, rye and barley are grown in the UK. A cereal is a starchy edible grain. Used as a raw ingredient.
- **Flour:** Wheat is the main cereal processed for flour. Can be white, self-raising, brown, wholemeal.
- **Oats:** are grains from a cereal plant – has a protective husk that is removed during processing – can be used to make flour
- **Rice:** grains that are harvested – can be short or long – white, brown or red – staple food
- **Potato:** staple food – grown in the UJK – skin on outside
- **Pasta:** made from flour and eggs – can be fresh or dried – can be coloured and flavoured.
- **MOST** are a source of LBV protein, fibre, carbohydrates, b vitamins, iron and calcium

Eggs and Poultry:

Poultry:

- Poultry is chicken, turkey, duck and goose.
- Muscle fibres in poultry are shorter than other meats, making it more tender.
- Breast meat is always more tender than leg meat
- Provides HBV protein, saturated fat some B vitamins, magnesium and phosphorus.

Eggs:

- Regarded as one of the most versatile foods
- Many functional and chemical properties: e.g. setting quiches, enriching dough, glazing pastry, binding ingredients, used as a raising agent.
- Eggs can be; Factory Farmed, Barn Eggs, Free Range Eggs depending on the condition of the hen.
- Provides HBV protein, fat, vitamins and Water.

Fruit and Vegetables:

Fruit:

- Four main groups of fruit, Hard, Soft, Citrus, Stone. Some fruits are also classed as exotic.
- Many fruits are grown in the UK, those that aren't are imported.
- Many fruits are seasonal
- Can be fresh, canned, dried, frozen – store as per instructions
- Can provide various vitamins, carbohydrates, fibre (NSP)

Vegetables:

- Grown above and below ground
- Eight main groups; seeds, flowers, leaves, stems, shoots, tubers, root, bulb.
- Can be cooked and preserved using a variety of methods
- Provides various vitamins, calcium, iron, carbohydrates, fibre and protein.

Butter, Oils, Sugars:

Butter, Oils, Margarine:

- Butter is a dairy product made from churning cream or milk. High in saturated fat. Solid at room temp. Used to aerate cakes, shorten pastry, add moisture and flavour.
- Vegetable oils are used in food to marinade, fry and baste food. Naturally found in seeds.
- Margarine is made from vegetable oils and some water. Vitamin A & D are added by law.

Sugar and Syrup:

- Sugar comes from beet or cane. There are many different types of sugar. Used to provide colour, flavour, aeration in baked goods and prevent micro-organism growth in jams.
- Syrup is often added to baked goods for colour and flavour.
- Both are simple carbohydrates.

Meat:

- Meat is the muscle tissue of dead animals
- Fibres are held together with connective tissue. Long fibres = tough meat. Older animals = tough meat.
- Slow cooking methods (stewing, braising, roasting) help tenderise meat
- Marinades help with flavour and breaking down proteins
- Maillard reaction helps brown the meat
- As meat cooks, proteins coagulate. Collagen breaks down into gelatine.
- Meat provides vitamin B6 and B12, iron, calcium, phosphorus, HBV protein, saturated fat, Cholesterol.
- Care should be taken to avoid cross-contamination between raw meat and other foods.

Milk, Cheese and Yoghurt:

Milk:

- Comes from a variety of animals.
- Contains the sugar lactose so people with an intolerance must substitute.
- Heat treated to kill harmful bacteria
- Provides; HBV protein, fat, carbohydrates (lactose), Some vitamins, and calcium

Cheese:

- Cheese is milk in solid form
- There are regional and international varieties of cheese
- Can be used for sweet or savoury dishes. Adds colour, flavour and texture.
- Provides; HBV protein, fat, calcium, various vitamins.

Yoghurt:

- Made from milk that has friendly bacteria culture added to it.
- Types include Greek, set and live.
- Same nutrients as milk

Fish:

- There are 3 main classifications of fish; White, Flat, Oily.
- There are 2 main classification of shellfish; Crustaceans, Molluscs.
- High quality fish will have; bright eyes, salty smell, bright red gills, thin layer of slime, firm flesh.
- Can be preserved by canning, freezing, Smoking and Salting.
- Fish cooks quickly as the muscle is short and connective tissue is thin.
- Fish can be grilled, baked, fried, steamed, poached.
- Provides; HBV protein, iron, iodine, vitamin A & D.
- Oily fish contains Omega 3 fatty acids for brain development and healthy bones and joints – our bodies cannot produce Omega 3 so it needs to be eaten.

Soya, Tofu, Beans, Seeds:

Soya and Tofu:

- Soya grows in pods, can be fresh, dried or canned.
- Used in processing for foods
- Tofu is made curdling soya milk (known as bean curd)
- Provide HBV Protein, B vitamins, calcium, iron, fibre.

Beans:

- Beans, peas and lentils are known as legumes or pulses.
- Excellent source of protein and fibre. Also provide B group vitamins, calcium and iron.
- Staple food, can be canned, fresh, dried or frozen.

Nuts and Seeds:

- Many different varieties
- Some people have severe nut allergies
- Lots of plants have edible seeds e.g. pumpkin, sunflower.
- Provides fibre, B vitamins, fat, iron, zinc, calcium and protein.